

# Upper Michigan

## Let's Get Moving Cadillac

Register anytime

Learn 100 ways to stay active

<http://www.cadillacmichigan.com/letsgetmoving/>

## Petoskey

### Medical Weight Management Program

at a variety of dates and times

Burns Professional Building, Ground Floor

Fee: Free Introductory Sessions

Is weight affecting your health? If you're serious about losing weight, don't wait. The program is

medically supervised by the Northern Michigan Hospital Diabetes and Nutritional Counseling Center.

Contact : HealthAccess at 1.800.248.6777

or 1-800-847-3665

[www.northernhealth.org](http://www.northernhealth.org)

### Diabetes Ongoing Learning Group

Second Monday of each month, 7:00 pm

Dean C. Burns Community Health Education Center

360 Connable Ave.

A support group for patients with diabetes and their family members. Guest speakers periodically present the latest information related to diabetes.

Contact: HealthAccess @ 1-800-248-6777

### Stroke Support Group

1st and 3rd Tuesday of the month

1:00 - 2:00 pm

Northern Michigan Hospital

Second floor Acute Rehab Conference Rm

A support program for patients and families.

Contact: HealthAccess @ 1-800-248-6777

**Northern Michigan**  
Wellness Classes & Events



## Grayling

### Nutrition Education

Mondays-Fridays

Call for times

Meet with registered dietician to discuss nutrition needs and health eating.

To schedule an appointment call 348-0380.

Preregistration: Required

Contact: Mercy Hospital Grayling - Nutrition

Phone: (989) 348-0380

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001620>

### Diabetes Glucose & Blood Pressure Screening

Ongoing - No Cost!

Check blood sugar & blood pressure.

**Sponsor:** Mercy Hospital Grayling

**Location:** Call Grayling Mercy Hospital at

989-348-0455 for dates and times

For More Information: Contact Rhonda Haske, RN, BSN, CDE at phone: 989-348-0455

fax: 989-348-0479 or e-mail: [hasker@trinity-health.org](mailto:hasker@trinity-health.org)

### Heart Health & Fitness Program

Mondays, Wednesdays, Thursdays

(Call for times)

Designed for those who need help starting a regular exercise routine, and who have two or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, inactivity, overweight, smoking, or stress.

Involves exercise sessions, education about safe guidelines for long-term home exercise, diet modification, and lifestyle behavior management.

Fees: \$5.50/session Preregistration: Required

Contact: (989) 348-0371

Mercy Hospital Grayling-Cardiac Rehab Department

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001616>

## Upper Michigan continued

### Traverse City Healthy Weight Class

Tuesday, 3/6/2007

6:00pm - 8:00pm

Munson Community Health Center - Gym

An eight week lifestyle and weight management program to guide you into a regularly active lifestyle combined with smart eating habits. Work with our medical experts, a registered dietician and an exercise specialist, who will help you get on the right track for successful weight loss results.

Fee: \$169

Preregistration: Requested

Munson Medical Center

(231) 935-8217 (phone)

(231) 935-8515 (fax)

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001895>

### Traverse City Nutrition: Food Ideas

Wednesday, 3/21/2007

9:00 am - 10:30 am

Munson Community Health Center

Conference Room A

550 Munson Avenue

Traverse City, MI 49684

This class covers healthy cooking techniques for reducing fat, specific foods to look for at the grocery store, planning a menu and organizing your kitchen to prepare heart healthy meals. No Cost. Contact: Mary McManemy, RN (231) 935-8565 (phone) (231) 935-8609 (fax) [mmcmanemy@mhc.net](mailto:mmcmanemy@mhc.net)

Additional dates for this class: 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, 12/19

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001879>

### Traverse City Nutrition: Latest Information

Wednesday, 3/7/07

9:00 am - 10:30 am

Munson Community Health Center

Conf Rm A

Class covers the low fat, low sodium diet and its importance in the treatment of cardiovascular disease. It includes a review of the current research and a discussion on how to improve your lipid profile (cholesterol) and blood pressure from a nutritional perspective. Also discussed are complex carbohydrates and what happens when a person trials diets such as Atkins and the South Beach Diet.

Additional dates for this class: 4/4, 5/2, 6/6, 8/1, 9/5, 10/3, 11/7, 12/5

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001876>

### Lake Superior Soo Bahk Do Academy 1200 South Front Street Marquette, MI 49855 (906) 226-4723

Traditional Martial Arts and  
Self-Defense Training for All Ages.  
Group and Family Discounts.

For more about "Soo Bahk Do" go to  
[www.region5soobahkdo.com/](http://www.region5soobahkdo.com/)



## Upper Michigan continued

**Traverse City**  
**Munson**  
**Diabetes Support Group**  
**3/14/07**  
**1:30 pm - 3:00 pm**  
**(2nd Wednesday every month)**  
**Munson Medical Center - Dining Room 2**  
  
For more information:  
(231) 935-8200 or (800) 809-8127 (phone)  
(231) 935-8215 (fax)  
education@mhc.net

**Free**  
**Healthy Lifestyle Programs**  
**(231) 935-6449**  
**When: Last Wednesday of the month**  
**Where: Grand Traverse Mall's Community Room**

**Community**  
**Health Education Calendar**  
[www.MunsonHealthCare.org](http://www.MunsonHealthCare.org)

## **Let's Get Moving** **Northern Michigan!**

In this program healthcare providers across Northern Michigan team up with local sponsors and local government to encourage adults, children, and families to set personal goals and make activity part of their daily lives.

*check below link for info*  
<http://www.lgmnm.org/site/3526/default.aspx>

**Roscommon**  
Community Recreation,  
Activities and Fitness Center  
606 Lake Street , Roscommon, MI 48653  
Phone: (989) 275-4975  
Activities & Classes

